

Mental Health Connect

Mental Health Skills for Community workers

- As a community worker would you like to know more about mental health?
- Do you have ongoing contact with people with mental health issues?
- Do you need more skills in supporting people with mental health issues?

This program aims to offer knowledge and skills to help you better understand and support people with mental health issues.

Key learning modules of the Connect Program include:

- Connecting with recovery
- Connecting with the mental health system
- Connecting the mental illness
- Connecting with tools and techniques
- Self care connections

This is essential training for community workers!

MHCC's Connect Program uses a 2 day interactive workshop delivery mode and is designed to promote workplace skill development. It includes information on recovery, the mental health system, signs and symptoms of mental illness, tools for recovery and self care.

This course is suitable for existing workers in community organisations who support people with mental health issues including:

- Community workers
- Family workers
- Youth workers
- Disability workers
- Health workers
- Aged care workers
- Case managers
- Employment Support workers
- Children's services workers
- Housing and tenancy workers
- Intake workers
- Pastoral Care workers
- Community development workers
- Frontline supervisors
- Team Leaders
- Program Managers
- Coordinators
- Domestic Violence workers

Dates for 2010 include	Sydney	March 4-5 April 15-16 June 10-11 August 5-6	September 16-17 October 7-8 November 18-19
	Albury	March 18-19	Taree May 13-14
Courses being added according to demand. Check website for details www.mhcc.org.au			

The cost of the 2 day Connect workshop is \$300

Complete an enrolment form and return to MHCC by fax (02) 9810-8145 or email training@mhcc.org.au